



## Italy – Florence to Rome visiting Assisi, Perugia, Spoleto or Narni

This tour, from Florence to Rome, leads you through the ‘green heart’ of Italy. You see the country from another side: calm, mystical and often unexplored. On quiet roads you cycle through the valleys of the Apennines and through the softly curved hills of the Trasimeno Lake. Raging torrents, fascinating ravines and the roaming flocks of sheep shape this part of Italy. You end the tour in Rome where you should put aside your bike and explore, enjoying its vitality by having a cappuccino or a glass of red wine.

**Duration:** 8 days, 7 nights

**Day 1** - Arrival in Florence. Welcome meeting in the hotel with an introductory talk.

**Day 2** - Florence to Passignano sul Trasimeno. Take the train from Florence to Arezzo. Visit the historic churches and palaces before cycling across the Valdichiana Plains in Southern Tuscany, enjoying the beautiful views of the mountains. Continue past Cortona to Trasimeno Lake, the battlefield where Hannibal fought against the Romans, and enjoy the wonderful view. You stay overnight in a village by the lake.

**Day 3** - Passignano sul Trasimeno to Perugia. Cycle beside the lake to Torricella before continuing to Perugia along small and secluded lanes. Enjoy a sightseeing tour of the area including the impressive Lorenzo Cathedral and Priori Palace.

**Day 4** - Perugia to Assisi. Today you will travel from Perugia to Assisi, the home of St Francis. Along the way there are some stunning views and Assisi has a plethora of historical and beautiful buildings.

**Day 5** - Assisi – Spoleto. Cycle along the enormous “Monte Subasio” (“Mount Subasio”) until you reach Spello. Visit a number of local towns and villages that are both beautiful and unique including Montefalco, Trevi and Campello. You continue your ride across a dam to Spoleto where you spend the night. Take time to explore and make sure you visit the majestic Palazzo Vigili which includes the Torre dell’Olio, the sole mediaeval city tower remaining in Spoleto.

### Includes:

- Welcome meeting
- Accommodation in 3\*\*\* and 4\*\*\*\* hotels
- Breakfast buffet or extended breakfast
- Bike hire
- Luggage transport from hotel to hotel
- All transfers according to the programme
- Train tickets Florence – Arezzo and Poggio Mirteto – Rome
- Tour pack including maps, route description, places of interest, telephone numbers etc (one per room)
- E-signposting
- Hotline

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**Day 6** - Spoleto to Terni or Narni. Today you cycle between mountains through a wonderful landscape to Terni. Walk around the town and visit some of its sights which include the Roman amphitheater, once capable of seating 10,000 spectators, the small Roman gate of Porta Sant'Angelo, one of the four ancient entrances to the city, the Duomo (Cathedral) of S. Maria Assunta, not forgetting the famous Marble Falls. Terni is also well-known for its pastry shops and the most creative cuisine in the region.

**Day 7** - Terni to Rome. The ride between Narni to Calvi is quite hilly. Set at the foot of the Sabine Mountains, take your time and enjoy the calmness and seclusion of this small Umbrian town, before collecting your luggage and taking the train to Rome. Enjoy the city hubbub of Rome before relaxing for the night.

**Day 8** - Rome. Explore this wonderful city before you depart or take the opportunity to stay some extra nights.

### Parking/arrival and departure

There is limited car parking at the first hotel at €10 per day; reservation is not possible.

Transfer Rome – Florence by train (on your own).

**Price: Hotel 7 nights £833.00**

Supplement for a single room £222.00

(Prices are per person, based on two people sharing twin or double room).

### Dates for 2011:

Saturdays: 5th May,  
28th May,  
18th June,  
3rd September  
and 1st October.

### Ride info:

The tour is approximately 290km. It will take you through Assisi, Perugia and Spoleto, as well as a number of historical sites and beautiful scenery, along the banks of the Trasimeno Lake, along rivers and through the unspoilt Umbrian landscapes. The stages from Florence to Assisi are mostly flat with some hills. The tour uses mainly small roads, country lanes and little used side streets. There are some very short sections on busier streets.